

AMPHIBIAN

A 5E PLAYER RACE BY DM TUZ



AMPHIBIAN

*"The swamp whispers secrets to those who listen.
Silence and patience reveal all."*

Emerging from the world's remote morasses and swamps, Amphibians are a unique people equally adapted to land and water and home to where both overlap. As masters of both worlds, they traverse with equal ease through dense bogs or sun-dappled waters as they do on land. Their smooth, often cool skin displays shades that mirror their homes—mossy greens, dusky browns, and slate blues—and their eyes glint in colors as bold as the exotic flowers that bloom around them. Combined, these characteristics allow them to blend seamlessly into their swamps. Amphibians have indeed developed a remarkable adaptation to their wetland homes. However, this remarkable adaptation comes at a price. As beings tied closely to water, they require frequent immersion in it, lest they wither and die. The few places outside their ancestral habitats that could offer them the right environment to thrive and survive are rare, causing them to remain deeply rooted in the lands that sustain them. As a result, few Amphibians venture far beyond their homes, and those who do must face the challenge of continually seeking suitable waters that are their lifeblood.

This close tie to their environment has instilled in the Amphibians an intense devotion to maintaining the delicate ecosystems they inhabit. They recognize that the wetlands—like their own lives—are finely balanced and constantly in flux. Even a slight shift could cause vital waters to dry or new dangers to invade, threatening not only the landscape but also their way of life. From an early age, Amphibian children are taught by their elders the importance of this harmony. Their society is built around the concept of stewardship, with traditions and practices aimed at protecting the marshlands from harm while nurturing and maintaining the natural balance. To the Amphibians, the world is an interconnected web, and they see themselves as guardians of the intricate ties that sustain all life within it.

A RHYTHM OF BALANCE

The Amphibians live according to a principle of balance, a philosophy that has shaped both their culture and their outlook on life. This belief holds that every aspect of existence—joy and sorrow, growth and decay—is part of a greater equilibrium, akin to an unchanging rhythm that repeats its pace. Amphibians learn to flow with the world around them, accepting the inevitability of change, which must be adapted to in order to preserve stability within their homes. This mindset has cultivated a laid-back, almost serene demeanor among their kind. They rarely fret over small misfortunes, nor do they celebrate excess in times of prosperity, believing that both the good and the



Brekkek
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bad are part of life's rhythm. Outsiders might mistake this calm for indifference, yet those who look closer will find a wisdom that runs as deep as the swamps they call home.

Under this philosophy, Amphibians approach each decision with measured thoughtfulness, commonly stepping back to gain understanding of the bigger picture and never acting rashly. They prefer indirect methods of resolving disputes, often guiding potential threats away from their homes rather than resorting to conflict. Their patience and discretion are part of their strength; they have survived for centuries not by asserting their will but by understanding the world's ebb and flow, knowing when to yield and when to act. Amphibians carry this wisdom quietly, viewing their existence as both a privilege and a responsibility to the lands that sustain them, ensuring that their marshy homes endure for generations to come.

AMPHIBIAN TRAITS

As an Amphibian, you possess innate traits and capabilities.

Ability Score Increase. Increase one ability score by 2 and increase a different one by 1, or increase three different ability scores by 1.

Creature Type. Your creature type is humanoid.

Size. Your size is Medium.

Speed. You have a walking speed of 30 feet.

Languages. You can speak, read, and write Common, and another language of your choice.

Amphibious. You can breathe underwater and have a swimming speed equal to your walking speed. Additionally, you must be fully submerged in water or be similarly moisturized at least once every 24 hours, or gain one level of exhaustion. Exhaustion levels gained this way can't be reduced by a Long Rest, unless you were moisturized within the last 24 hours.

Darkvision. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.

Subraces. Choose one of the following subraces: Axylotl, Brekkek, Salamander, or Chaos Toad.

AXYLOTL

Among the Amphibians, Axylotls are a rarity, found only in pristine, untouched wetlands whose beauty is akin to hidden paradises. Their presence is considered a blessing, for their homes are havens of purity and balance where life flourishes abundantly. Axylotls are deeply revered by their kin, seen as embodiments of the wetlands' vitality and resilience. They possess an extraordinary gift for regeneration, capable of mending their own wounds and extending this gift to others in need. This ability to heal reflects the harmony of their surroundings, and thus Axylotls commonly serve as caretakers and protectors of natural sanctums, preserving their tranquility for future generations.

Healing Gloop. You can excrete a healing gloop from your skin. You have the following options to utilize this gloop:

- As a bonus action you regain an amount of hit points equal to $1d6 +$ your proficiency bonus. If you are poisoned and can repeat the saving throw at the end of your turn to end the condition, you can repeat the saving throw as part of the same bonus action.
- As an action you can apply the gloop on another creature in your reach and it regains an amount of hit points equal to $1d6 +$ your proficiency bonus. If the target creature is poisoned and can repeat the saving throw at the end of its turn, it can repeat the saving throw as part of your action.

You can excrete gloop an amount of times equal to your proficiency bonus before you have to finish a Long Rest to use it again.

Purify You know the *Purify Food and Drink* spell and can cast it as a ritual. When you choose this subrace you can choose whether Intelligence, Wisdom, or Charisma is your spellcasting attribute for this spell.

Minor Regeneration. Whenever you finish a short rest and spend one or more hit dice, you regain an amount of hit

points equal to $1d6 +$ your proficiency modifier. Additionally, you can heal lost limbs when your lost limb remains at your stump for the duration of an entire Long Rest. At the end of the Long Rest the lost limb is reattached to your body and fully functional. If you do so, you don't regain hit dice from that Long Rest.

Sage. You are proficient in Insight or Nature.



Axylotl

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BREKKEK

Brekkek are the most numerous of the Amphibians, known for their agility and furtiveness. Often misunderstood, they despise the derogatory nickname “Mucus Toads,” though it stems from their remarkable ability to secrete a slippery mucus. This trait lets them navigate dense swamps with ease or slip away from danger when escape is necessary.

Froggy Leap. Your jumping distance is doubled, and you don’t require a running start to jump your full distance.

Tongue. You possess a dextrous tongue, which can extend up to 10 feet, and can use it to interact with objects and pick them up or perform Dexterity (Sleight of Hand) checks. You can’t use your tongue to use tools, wield weapons, or perform somatic spell components.

Mucus. As a bonus action you can excrete translucent mucus from your skin. You have the following options to utilize this mucus:

- You can apply this mucus as part of the same bonus action on a 5 by 5 square foot surface or apply it on an object within your reach. A creature stepping on the surface or starts its turn on it, or trying to pick up the object must succeed a Dexterity saving throw. On a failed save the creature falls prone or drops the object respectively. The DC is equal to 8+ your Constitution modifier + your proficiency bonus.
- You can apply this mucus as part of the same bonus action on yourself or a willing creature in reach. A creature covered in mucus does not have to spend extra movement when squeezing through a tight space and has advantage on checks to escape grapples or restraints. If you apply the mucus on yourself and you are grappled or restrained, you can attempt to escape as part of the same bonus action.

Once applied, your mucus remains effective for 1 minute. You can excrete mucus an amount of times equal to your proficiency bonus before you have to finish a Long Rest to use it again.

Nimble. You are proficient in Acrobatics or Stealth.

SALAMANDER

Salamanders are an ancient offshoot of the Amphibians who migrated to the elemental planes and thrived in the lands of fire. Their fiery adaptation made them resilient and formidable, traits they brought back when returning to the material plane as mercenaries. Many Salamanders have since remained and settled close to their old paymasters.

Greater Fire Resistance. You are resistant to fire damage, and any damage you suffer from non-magical environmental hazards that deal fire damage is reduced by 20 (the reduction is applied before you applying resistance).

Fire Dependency. Instead of needing to be submerged in water once every 24 hours to avoid gaining a level of exhaustion or to reduce your exhaustion gained from failing to do so, you must engulf yourself in fire that does not originate from your Salamander Oil trait, such as laying yourself into a bonfire.



Salamander
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Salamander Oil. As a bonus action you can excrete combustible oil from your skin. You have the following options to utilize this oil:

- You can apply this oil as part of the same bonus action on a flammable object in your reach and ignite it.
- You can apply this oil on a weapon or piece of ammunition in your reach as part of the same bonus action and the weapon or ammunition ignites. When ignited, the next hit with the weapon or ammunition deals an additional 1d8 fire damage. After the ignited weapon or ammunition hits, it is no longer ignited.
- You can excrete it and not apply it; instead, have it ignite on your skin which does not harm you. As long as your skin is ignited, a creature that grapples you takes 1d8 fire damage at the end of your turn.

Once applied and ignited, your oil burns for 1 minute. When ignited, your oil’s flame sheds bright light in a 20-foot radius and dim light in an additional 20 feet. You can excrete oil an amount of times equal to your proficiency bonus before you have to finish a Long Rest to use it again.

Warm Body. You and every creature within 5 ft. of you is protected from the effects of extreme cold (see DMG Page 110) as long as you have no levels of exhaustion.

Ascetic. You are proficient in Arcana or Athletics.

CHAOS TOAD

Long ago, a group of ancient Amphibians ventured into the elemental planes, seeking new homes. Some became lost in the boundless turmoil of Limbo, the plane of chaos, and were forever changed by its raw, unrestrained energies. These transformed beings, now known as Chaos Toads, bear little resemblance to their kin, both in body and mind. While Amphibians strive for harmony, Chaos Toads are driven to disrupt order, spreading chaos wherever they go. This urge is not merely an inclination—it is a necessity. The chaotic energies infused within them must be sustained through acts of upheaval, lest their altered bodies weaken and decay. To a Chaos Toad, chaos is as essential as water.

Their warped appearances reflect their chaotic nature, with their sleek skin subtly, yet continuously shifting in hues and perpetual wicked grins adorning their faces. Their behavior is equally erratic, oscillating between mischievous and outright destructive. Though feared and shunned by most Amphibians, Chaos Toads embody the unpredictable might of Limbo itself, living embodiments of a realm that thrives on entropy.

Adaptive Elemental Resistance. When you take acid, cold, lightning, fire, or thunder damage you can use a reaction to gain resistance to triggering damage type for 1 minute. Once you use this reaction you can't use this trait again until you have finished a long rest. Starting at level 9 you can use this reaction twice before you have finish a long rest to use it again.

Retractable Claws. You possess a pair of retractable claws on your arms which you can use to make unarmed strikes. If you hit with them you deal slashing damage equal to $1d6 +$ your Strength, Dexterity, or Charisma modifier, instead of the bludgeoning damage normal for an unarmed strike.

Chaos Dependency. Instead of needing to be submerged in water once every 24 hours to avoid gaining a level of exhaustion or to reduce your exhaustion gained from failing to do so,

you must participate in an act of chaos. These acts of chaos include and are not limited to: breaking a law of the land, destroying an object, disturbing an organized arrangement of a pattern or an object, stealing an object that does not belong to you.

Delinquent. You are proficient in Athletics or Deception.



Chaos Toad
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Check out these other Player Races!

Aside from the Amphibians, I also have created many other monster girl inspired player races such as the [Lamia](#), ambitious snake folk who are so often misunderstood, and the [Holstaur](#), the gentle giants who traverse the land to foster the meak.



AMPHIBIAN UNIQUE FEATS

Amphibian characters have access to unique feats when they level up in a class. Some DMs allow the use of feats to further customize a character, see chapter 6, “Customization Options”, of the Player’s Handbook.

The following special feats allow your character to expand upon their innate abilities, as each feat represents an evolution of your character’s nature and traits.

POISON MUCUS

Prerequisite: Amphibian (Brekkek), Level 4+

Ancient Brekkek were known to secrete poison so potent it could kill with a mere touch. Your mucus carries a trace of your progenitor’s lethal poison. You gain the following boons:

Ability Score Increase. Increase one of your Ability scores, by 1 to a maximum of 20.

Secrete Poison. Whenever you use your **Mucus** trait you can choose to secrete a poisonous mucus instead. You are immune to the effect of your own poisonous mucus. When you do so you can utilize the poisonous mucus in the following ways:

- You can apply this poisonous mucus as part of the same bonus action to a weapon or up to 10 pieces of ammunition. When applied, the weapon deals an additional 1d4 poison damage with each hit.
- You can apply this mucus as part of the same bonus action to an object within each. Each time a creature touches this object or starts its turn holding it, the creature must make a Constitution saving throw, taking 4d4 poison damage on a failed save and half as much on a successful one.
- You can cover yourself with this mucus as part of the same bonus action. When covered in poisonous mucus, the first time in a turn a creature touches you, hits you with a melee attack, or begins its turn having you grappled, it takes 2d4 poison damage.

The DC of the effects of your poisonous mucus equal to 8+ your Constitution modifier + your proficiency bonus. Once applied, your mucus remains effective for 1 minute.

Developed Glands. Whenever you finish a short rest, you regain one spent use of your **Mucus** trait.



Poison Mucus
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ENNOBLEMENT

Prerequisite: Amphibian (Salamander), Level 4+

Through inheritance or merit, you have risen to the station of a Salamander Noble. You gain the following bonus:

Ability Score Increase. Increase one of your Ability scores, by 1 to a maximum of 20.

Noble Magic. You learn the following spells: *Control Flames*, *Produce Flames*, *Searing Smite*, and *Heat Metal*. You can cast *Searing Smite* and *Heat Metal* once before you have to finish a long rest to cast it again. When you gain this feat you must choose Intelligence, Wisdom, or Charisma as your spellcasting ability for these spells.

Noble Smite. As a bonus action you can expend a use of your Salamander Oil trait to gain an additional use of *Searing Smite* and cast it as part of the same bonus action.

SANCTUARY TENDER

Prerequisite: Amphibian (Axylotl), Level 4+

It is your calling to protect these sanctuaries from being sullied by corruption. You gain the following bonus:

Ability Score Increase. Increase one of your Ability scores, by 1 to a maximum of 20.

Tender Magic. You learn the *Detect Poison and Disease* and the *Detect Magic* spells and can cast them as rituals. You learn the *Lesser Restoration* spell and can cast it once before you have to finish a long rest to cast it again. Your spellcasting for these spells is the same as you have chosen for your **Purify** trait.

Restore Purity. Whenever you have expended your use of this feat’s *Lesser Restoration* spell you use an action to expend 2 uses of your healing gloop trait to gain an additional use of your *Lesser Restoration* spell and cast it as part of the same action.

LIMBONIAN LEAP

Prerequisite: Amphibian (Chaos Toad), Level 4+

Ability Score Increase. Increase one of your Ability scores, by 1 to a maximum of 20.

Limbo Leap. As a bonus action, you roll a 1d8 and then teleport up to an amount of feet equal to the d8 times 5 to an unoccupied space that you can see. If the d8 rolls a 1, you teleport up to 10 feet into an unoccupied space determined by the Dungeon Master instead. You can use this bonus action an amount of times equal to your proficiency modifier before you have to finish a long rest to this trait again. Anytime you use this trait and the d8 rolls a 1, you do not expend a use of this trait.



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